




**LINGER**  
ENRICHING LIFE THROUGH TRAVEL



Signature Sabbatical Itinerary: Japan In-depth

# Introducing LiNGER

We are an independent travel company, specialising in tailor-made sabbatical travel and extended holidays throughout the world.

Whether you are a solo traveller on holiday, a family with children on sabbatical, friends seeking an epic break or a couple celebrating a milestone, we would be thrilled to plan your trip.

LiNGER was born out of a passion for travel and a desire to do a little more to help protect our planet. Our philosophy is to engage you in a richly authentic and contrasting travel experience which balances meaningful, active and altruistic experiences.

Our travellers LiNGER longer, travel responsibly, immerse themselves in the culture, absorb, engage and explore.

Call, e-mail or request a call-back from us. We love to talk about travel and inspire you with our knowledge.

[www.LiNGER.co.uk](http://www.LiNGER.co.uk) | [travel@LiNGER.co.uk](mailto:travel@LiNGER.co.uk)

ADVENTURE



AUTHENTIC



RESPONSIBLE



EXCLUSIVE



ETHICAL



# Introducing Japan

Nowhere else on Earth does the most cutting-edge technology blend so seamlessly with ancient cultural traditions. While Japan's big cities are larger than life with their futuristic fashions, flashing lights and frenetic activity, the countryside offers some of the most zen and serene surroundings, where life moves at a slower pace to a backdrop of green paddy fields and snow-capped volcanoes. Culturally, geographically and gastronomically fascinating, Japan has so much to offer visitors. Master the art of being a Samurai or learn the ropes of sushi making, hop from tea house to tea house and get under the skin of Geisha culture, wander bamboo forests and cherry-blossom lined avenues, or even conquer kitesurfing and enjoy world-class skiing. Underneath Japan's lively exterior is a precision and peacefulness that makes it so enjoyable to explore and simply take your time over.

## How to Get to Japan

There are direct flights from the UK and mainland Europe – approx. 12 hours' flight time - into Tokyo and Osaka. If you're coming from the US, you can take flights from most major cities – flight times range from 11.5 - 14.5 hours.

From Tokyo, Osaka, Nagoya, Fukuoka and Sapporo and Okinawa you can take onward domestic flights.

Get around by private transfer vehicles or public transport - highspeed bullet trains and efficient inner-city subway.

## When & Weather – Japan

Japan's geographic location means the climate changes from tropical islands in the south and harsh winters in the north. Most visits take place in areas on the main islands which have a similar climate to Tokyo.

Winters are cold but sunny with plentiful snowfall, especially in central and northern parts of the country.

Spring (March to May) brings warm sunny days that are ideal for sightseeing with many seasonal attractions.

Summer starts with the rainy season which is followed by hot and humid weather with temperatures often over 30°C.

The autumn is very pleasant time with many days of unbroken sunshine and comfortable daytime temperatures.

## Who will Japan Appeal To?

Its seasonal climate, cities and stunning natural landscapes are best suited to:

Art, History, Culture and Technology aficionados - Honeymooners – Active travellers – Solo travellers – Families – Kite-surfers – Photographers.

## Accommodation

Upmarket luxury and boutique hotels and traditional family-run ryokans, relaxed beach resorts and quirky guesthouses.

## Off The Beaten Path

Japan's remote countryside is rich in natural sights from mountain peaks to island retreats and zen onsen towns with steaming hot-springs. Venturing beyond the bucket list highlights will reward travellers with a more local side to the country. Naruko Onsen area is a tiny village, known for its natural hot-springs and its kokeshi dolls. Wa No I Kakunodate comprises of a small collection of renovated historical storehouses, which are scattered throughout the town of Kakunodate, a town also known as 'Little Kyoto' for its samurai residences.

## Wildlife

Beyond the big cities, Japan is host to great diversity of wildlife with around 130 mammals such as bears, wild cats, sable and snow monkeys and over 500 bird species such as the red crowned crane and green pheasant.

## Japan Experiences you shouldn't miss

Traditional Japanese martial arts, tea ceremony, flower arranging, calligraphy, culinary arts. Eating and drinking are integral to Japanese culture with regional specialties which range from the ridiculous (horse sashimi, bee larvae) to the sublime (grilled eel, fresh snow crab, succulent sashimi).

## Giving back

Nagano Heritage is a regeneration project which renovates and preserves ancient buildings in a region known as the Japanese Alps. Many buildings date back over 200 years and have been left to ruin. Nagano Heritage's goal is to protect their cultural and historical importance as well as preserve the traditional skills of the local craftspeople. Visitors with an interest in culture would find a stay in this area particularly interesting. See: <https://naganoheritage.com>





Life Experiences & Encounters in Japan



# Japan - Journey Map



# Flight Details

Day	Airline & Flight Number	Departure City	Departure	Arrival City	Arrival	Class	Baggage	Journey Time
1				HAKONE		TBC		
37		FUKUOKA		NAHA		ECONOMY		1 HR 45 MINS
42		NAHA		TOKYO		ECONOMY		2 HR 10 MINS
42		TOKYO				TBC		

# Train Details

Day	Train Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
4		HAKONE		TOKYO				35 MINS
7		TOKYO		MISHIMA				1 HR
10		MISHIMA		LIYAMA				3 HRS
13		LIYAMA		ECHIGO-YUZAWA				2 HRS
16		ECHIGO-YUZAWA		KANAZAWA				3 HRS
20		KANAZAWA		KYOTO				2.5 HRS
26		KYOTO		FUKUYAMA				1.5 HRS
29		FUKUYAMA		HIROSHIMA				30 MINS
32		HIROSHIMA		OITA				2.5 HRS
36		OITA		HAKATA				2 HRS

# Your trip in a nutshell

## Day 1

Arrive in Hakone & transfer to your hotel. Check in for a 3-night stay & evening at leisure. *Hakone Byakudan Resort*

## Day 2

Explore the highlights of Hakone by local transport & soak up its natural beauty. *Hakone Byakudan Resort*

## Day 3

Day to enjoy Hakone at leisure. *Hakone Byakudan Resort*

## Day 4

Bullet Train to Tokyo. Begin exploring the city's gardens and temples, discovering the contrast between old & new Tokyo. *Hotel Gajoen Tokyo*

## Day 5

Day at leisure to explore Tokyo. *Hotel Gajoen Tokyo*

## Day 6

Explore the cultural districts of Yanesen and Ueno Park. Evening Ramen tasting experience. *Hotel Gajoen Tokyo*

## Day 7

Bullet train to Mishima. Begin exploring the lakeside town of Kawaguchiko in the shadow of Mount Fuji. *Hotel Hoshinoya Fuji*

## Day 8

Canoeing on Lake Kawaguchi & E-Biking in the foothills of Mount Fuji. *Hotel Hoshinoya Fuji*

## Day 9

Explore the medieval forest of Aokigahara & visit hidden lava caves. *Hotel Hoshinoya Fuji*

## Day 10

Train to Iiyama & Sake tasting experience. *The Kura Private Home*

## Day 11

Hiking with a Yamabushi Monk. *The Kura Private Home*

## Day 12

Rafting on the Chikuma River & exploration of rural Japanese life. *The Kura Private Home*

## Day 13

Train to Echigo-Yuzawa & check in for 3 nights in Minamiuonuma. *Satoyama Jujo Hotel*

## Day 14

Mountain biking the Minamiuonuma countryside. *Satoyama Jujo Hotel*

## Day 15

Full day exploration of Kiyotsu Gorge and the cultural town of Tokamachi. *Satoyama Jujo Hotel*

## Day 16

Travel to Kanazawa & begin exploring its impressive gardens. *Hotel Kanazawa Maki No Oto*

## Day 17

Day at leisure to discover more of Kanazawa. *Hotel Kanazawa Maki No Oto*

## Day 18

Explore Kanazawa's geisha district, samurai district and cultural highlights. *Hotel Kanazawa Maki No Oto*

## Day 19

Day at leisure in Kanazawa to explore independently. *Hotel Kanazawa Maki No Oto*

## Day 20

Train to Kyoto. Visit some of the city's most iconic temples and gardens. *The Hiramatsu Hotel Kyoto*

# Your trip in a nutshell

## Day 21-22

Days at leisure to explore Kyoto.  
*The Hiramatsu Hotel Kyoto*

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## Day 23

Foodie tour of Kyoto.  
*The Hiramatsu Hotel Kyoto*

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## Day 24

Visit Nara, Japan's ancient capital. Explore parks, temples, and gardens.  
*The Hiramatsu Hotel Kyoto*

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## Day 25

E-biking and cultural experience in rural Kyoto.  
*The Hiramatsu Hotel Kyoto*

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## Day 26

Train to Fukuyama. Explore the historic coastal town of Tomonoura.  
*U2 Cycle Hotel*

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## Day 27

Cycling on the Shimamane Kaido cycle route.  
*U2 Cycle Hotel*

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## Day 28

Explore the quaint town of Onomichi, a popular artists' haven.  
*U2 Cycle Hotel*

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## Day 29

Train to Hiroshima. Visit the moving memorial park for those affected by the Hiroshima Atomic Bomb. *Watanabe Ryokan*

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## Day 30

Sea kayaking around Miyajima Island.  
*Watanabe Ryokan*

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## Day 31

Discover Miyajima Island's cultural highlights and beautiful natural surroundings.  
*Watanabe Ryokan*

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## Day 32

Train to Yufuin. Pick up rental car and check in for a 4-night stay in this scenic volcanic region. *Kamenoi Bessou Yufuin Hotel*

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## Day 33-35

Days at leisure to experience the volcanoes, hot springs, and charming town at Yufuin. *Kamenoi Bessou Yufuin Hotel*

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## Day 36

Train to Hakata. Explore Fukuoka's cultural scene, visiting top museums and sampling the city's finest street food. *Hotel Nikko Fukuoka*

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## Day 37

Fly to Naha on the island of Okinawa. Drive to your oceanfront hotel & check in for 5 nights. *Umito Plage The Atta Okinawa Hotel*

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## Day 38

Day at leisure in Naha for museum visits and shopping.  
*Umito Plage The Atta Okinawa Hotel*

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## Day 39

Kitesurfing lesson with a local pro.  
*Umito Plage The Atta Okinawa Hotel*

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## Day 40-41

Days at leisure on Okinawa to get under the skin of Ryukuan culture.  
*Umito Plage The Atta Okinawa Hotel*

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## Day 42

Check out and fly to Tokyo, connecting with your flight home.  
*Umito Plage The Atta Okinawa Hotel*

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## Travelling Responsibly

At LiNGER we firmly believe that in travel we can do more to help protect our planet.

We take our responsibilities to the environment, local communities, customers, suppliers, partners and employees very seriously and our intention is to constantly review our policies and strive to make improvements where we can.

We offer the opportunity to Give Back by partaking in a meaningful activity in an area that matters to you or where you may have a skillset.

This could be as simple as a beach clean in Sri Lanka to help protect our oceans or caring for orphaned sloths in a wildlife sanctuary in Costa Rica.

LiNGER longer on a sabbatical and devote time to teaching in a village school in Nicaragua or help with a conservation project researching plant species in the Amazon. LiNGER and Enrich Life through Travel.

Our Responsible Travel Policy can be viewed on our website:

<https://linger.co.uk/responsible-travel/>



# The Nitty Gritty

## Included

- Accommodation on a double/twin basis
- Luggage transfers
- Daily breakfast (unless noted otherwise)
- Other meals as described
- Local English speaking private guides
- Private transfers with air-conditioned vehicles
- Public transport tickets as described
- Entrance fees for included activities
- Private excursions

## Excluded

- International flights
- Domestic flights
- Visas
- Tips / Gratuities
- Items of a personal nature - minibar, laundry, etc
- Any activity listed as optional
- Early check-in & late check-out at all hotels
- Meals and drinks where not mentioned in the itinerary
- Travel Insurance

## Quotation

- From GBP £35,210.00 per person, based on two travelling together.

## Booking Terms & Conditions:

[www.linger.co.uk/terms-and-conditions/](http://www.linger.co.uk/terms-and-conditions/)

## Start Planning

Our experienced team will guide you through a number of ideas based on how you would like to experience Japan.

No matter how long you have to travel, we'll guide you through the planning process to ensure a trip is carefully pieced together to suit your interests, pace of travel and budget.

## Contact

Email: [Travel@linger.co.uk](mailto:Travel@linger.co.uk)

Telephone: +44 (0) 207 039 9240

# Financial Protection

## ATOL Protected Holidays

Many of the flights and flight-inclusive holidays are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: [www.atol.org.uk/ATOLcertificate](http://www.atol.org.uk/ATOLcertificate)



## Travel Regulation Insolvency Protection

LiNGER Travel Ltd is a company committed to customer satisfaction and consumer financial protection. We are therefore pleased to announce that, at no extra cost to you, and in accordance with “The Package Travel and Linked Travel Arrangements Regulations 2018” all passengers booking with LiNGER Travel Ltd are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation form. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Linger Travel Ltd. This protection has been arranged by means of a Trust Account held with Protected Trust Services.

Full details regarding Financial Protection can be viewed at: <https://linger.co.uk/financial-protection/>

Full details regarding the Package Travel and Linked Travel Arrangements Regulations 2018 can be viewed at: <https://linger.co.uk/package-travel-regulations/>



## Privacy Policy

LiNGER respects your privacy and is committed to protecting your personal data. This privacy notice will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from) or when you otherwise provide personal data to us via other means (such as over the telephone) and tell you about your privacy rights and how the law protects you.

Full details regarding our Privacy Policy can be viewed at: <https://linger.co.uk/privacy-policy/>



“Unrivalled, intimate knowledge of destinations way beyond the obvious, with a genuine focus on sustainability”.

*Anna Guyer*



Contact

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